



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-26-12)

Visit us at www.fns.usda.gov/fdd

100334 – TOMATO SAUCE, LOW-SODIUM, CANNED, #10

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A tomato sauce; may be more than lightly seasoned by added salt and spices and to which may be added one or more nutritional sweetening ingredients, vinegar, onions, garlic, or other vegetable flavoring ingredients. This is a low-sodium food (140 milligrams of sodium or less per serving).
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case.One #10 can AP yields about 106 oz (12²/₃ cups) tomato sauce and provides about 50.7 ¼-cup servings vegetable.CN Crediting: ¼ cup tomato sauce provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened canned tomato sauce in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened canned tomato sauce covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none">Tomato sauce is ready to use. Preparation depends on final use and may be part of recipe instructions.

Tomato sauce, low sodium

	¼ cup (61 g)	½ cup (122 g)
Calories	18	36
Protein	.81 g	1.62 g
Carbohydrate	4.08 g	8.16 g
Dietary Fiber	.9 g	1.8 g
Sugars	2.59 g	5.18 g
Total Fat	.11 g	.22 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.72 mg	1.24 mg
Calcium	8 mg	16 mg
Sodium	70 mg	140 mg
Magnesium	0 mg	0 mg
Potassium	0 mg	0 mg
Vitamin A	265 IU	530 IU
Vitamin A	13 RAE	27 RAE
Vitamin C	4.3 mg	8.6 mg
Vitamin E	.87 mg	1.74 mg



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USES AND TIPS	<ul style="list-style-type: none">• Use tomato sauce as an ingredient in sauces, stews, casseroles, pizza, and soups. May also be used as a topping for cooked pasta, or as an ingredient in other Italian style dishes. Serve warm as a dipping sauce for breadsticks.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple.• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.